

Sweet & Sour Pork³⁰

Number of Servings: 30 (213.51 g per serving)

Amount	Measure	Ingredient
6.00	lb	Pork, roast, top loin, lean, raw
2 1/8	cup	Water, municipal
1/2	cup	Cornstarch
7 1/2	cup	Pineapple, tidbits, w/light syrup, cnd, not drained
5.00	ea	Peppers, bell, green, sweet, fresh, med, 2 1/2"
3 7/8	ea	Onion, white, fresh, lrg, whole
8 1/4	tsp	Sauce, soy, Tamari
3/4	tsp	Spice, ginger, ground

Nutrients per serving

Nutrition Facts	
Serving Size (214g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 21g	
Vitamin A 2%	Vitamin C 35%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

- *Cube lean pork loin into bite-sized pieces
- * save juice when draining pineapple for sauce (below)
- * Wash and deseed green peppers. dice.
- * Wash and clean onions, slice

Brown pork cubes.

Combine water, soy sauce, ginger & cornstarch, add pineapple juice drained from pineapple; cook in pan until clear & slightly thickened.

Combine sauce and browned meat and cook 30 minutes. Add pineapple chunks, green pepper and onions. Cook 10-15 minutes longer.

Serve 1 cup with an 8 oz ladle over 1/2 cup (#8 scoop) rice